

MARRIED **SHANIA RINGS IN 2011 BY TYING** THE KNOT (page 9)

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Tuesday, January 4, 2011 www.metronews.ca



News worth

Somali community leader rebukes cops

• Police investigating the shooting death of a 23-year-old man outside lounge around 3 a.m. on New Year's Day ♠ Second man who was shot survived, but not providing police with any information

One day after patrons at the Papyrus Lounge were criticized by police for not coming forward in the city's first homicide of 2011, members of the Somali community said more should have been done in the first place.

"This is not the first time something like this has happened," said Jibril Ali, a

board member with the Somali-Canadian Cultural Society of Edmonton.

There have now been nine murders within Edmonton's Somali community since 2008, something Ali says isn't surprising because of the community's difficulty in integrating.

Youth initiatives have been undertak-

en, but the relationship between the Somali community and the police remains

Police expressed frustration Sunday that no one has come forward, especially since they estimate that at least 50 people saw what happened - including who did it.

Ali said those who were there should come forward but the responsibility shouldn't lie with the Somali communi-

"It has nothing to do with the community," he said. "Not all of the community was there."

HEATHER MCINTYRE



Ice on Whyte festival starting to take shape



Canada gets some revenge on U.S. ice, will play Russia for World Junior crown {page 16}

That's an income gap

CEOs earn 155 times more than the average Canadian (page 6)



Eliminate Back Pain! < >CDPC





New Revolutionary Procedure Finally in Edmonton!

For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed procedure called Neuro-Decompression. In 2006, the technology used at CDPC won the Australian Design Award in the "Medical and Scientific" category.

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The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I suffered for four years with severe back pain caused by three compacted discs in the lower lumbar region of the spine. I could only walk for about half a block before the pain set in. I could only stand up for fifteen minutes before the pain would start.

After 22 treatments of decompression, my back pain was gone but I had very sore and stiff back muscles. I then went on a two-week tour of egypt which entailed walking over uneven ground climbing steps and down into tombs for four to six hours a day. My wife and I were toally amazed there was no back pain; just some sore muscles with very slight discomfort. This was over a month ago and I'm still doing

I would not hesitate to recommend Canadian Decompression and Pain Centers to anyone, I have received excellent treatment from all

- Clifford (Ben)Shindell, Edmonton

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment...! progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

I was experiencing stabbing pains in my lower back. After six treatments, the pain was gone and I had more mobility. I was recommended by a neighbour and have already suggested this treatment to a friend with back problems.

-Carol Poffinroth, Edmonton

Lam very grateful to the doctor's and staff at the CDPC. After 20 years of back pain I was so fortunate to receive the decompression treatments. I am now pain free after 20 sessions.
The staff is great!! They are caring and compassionate people.
-Rudi Marczak, Edmonton

I heard about CDPC from a friend who had read an ad in a newspaper. I had terrible lower back pain which I discoverd was being cause by three hemiated discs with one pinching my sciatica nerve causeing excrutiating pain and numbness in my feet and also causeing drop foot. I was to the point of using a cane to get around. To this point I had tried disropractor, massage, and physiotherapy who suggested on MRI, which I had.

I then called CDPC to have the consultation and they were sure they would help me. I started taking my first treatments the first week of November - four treatments per week with a total of twenty. After the first four treatments I felt some relief of pain and after 12 treatments was able to get along without the cane. I have now finished my treatments and I feel 100% better and am able to enjoy life. I would like to give a special thank-you to the staff of CDPC for their compassion and care to me as their patients. I would highly recommend them for anyone's treatment.

- Ron Kelly, Edmonton

I worked in the machine industry as a machinist for over forty years. I have had a lot of problems with my lower back in the L4, L5 area and with my sciatic nerve over the last five

When I heard about CDPC I made an appointment to have my back checked. They set me up on a twenty week program. I progressed from severe pain to very little pain over the treatment program. I would recommend this procedure to anyone having lower back problems.

I would like to thank the doctors and staff of CDPC for helping me with my lower back.

-Kenneth R., Edmonton

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Pedestrian in hospital after being hit by car

A female pedestrian is in hospital in serious condition after being struck by a vehicle early yesterday morning. Edmonton police

Edmonton police received the call at 7 a.m. about the collision, which occurred downtown in the intersection at 97 Street and 103A Avenue.

Motorists experienced delays as the traffic section investigated.

Police said they are still trying to determine whether or not the victim was in a crosswalk when she was struck, and if they will lay charges.

It is not believed that speed or alcohol were factor in the crash. • METRO

Pipeline blast probed

Pengrowth Energy Corp. says it doesn't know what caused a pipeline explosion in Alberta on New Year's Day.

The explosion lit up the dark sky in northeastern Alberta.

Pengrowth says the explosion and fire happened on a line that carries condensed liquid gas from oilfields to a production facility at Judy Creek, which is near Swan Hills.

Pengrowth spokesman Wassem Khalil says it was in a remote location where there were no nearby homes or public buildings and no one was injured.

Khalil says the line has been depressurized and only small amounts of remaining gas in the line are still burning. The company hopes to have the line operating again in five to 10 days.

THE CANADIAN PRESS



City cyclists cheer plows

● More snow expected by the weekend ● Five per cent of transportation infrastructure budget will go to multi-use trails, sidewalks and bike lanes

Snow welcomed Edmontonians into 2011 and more could come this week — and drivers aren't the only ones glad to see plows, graders and sanders hard at work.

Cyclists are still on the streets during the winter months — making plowed residential streets extremely important.

"We have just about no bike lanes in Edmonton," said Keith Hallgren, who owns a bike shop and rides 350 days a year, averaging 20 kilometres each winter day. There are some bike lanes, he said, but most are shared with buses and taxis during rush hour, or other vehicles.

In winter, windrows on some roads erase what room there is to ride during other seasons. Therefore, he tends to stick to residential roads.

Lloyd Meyer, superintendent of roadway maintenance services, said that residential roads were expected to be finished this week but are currently only 80 per cent complete.

"We were going through and doing residential roads, and once it started to snow we had to switch gears and go back to the main (roads) and bus routes," he said.

Bike lanes, multi-ways, pathways and sidewalks are also cleared by the city, said Meyer.

• HEATHER MCINTYRE

Rolling along

The city's Bicycle Transportation Plan was established in 1992.

A fresh approach Updating of the plan didn't begin until 2009.

Curb appeal
The city introduced 32 kilometres of shared vehiclebicycle lanes last year.





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Based on 2010 New European Driving Cycle data. Transport Canada fuel consumption figures are not available and may

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NYE fireworks blamed in mass blackbird deaths

There are between 100 million and 200 million red-winged blackbirds in the United States

small Arkansas town were enjoying midnight fire-works when they noticed something other than sparks falling from the sky: thousands of dead black-

The red-winged blackbirds rained out of the darkness onto rooftops and sidewalks and into fields. One struck a woman walking her dog. Another hit a

police cruiser.

Birds were "littering the streets, the yards, the driveways, everywhere," said Robby King, a county wildlife officer in Beebe, a community of 5,000 northeast of Little Rock. "It was hard to drive down the street in some places without running over them."

In all, more than 3,000 rds tumbled to the ground. Scientists said yesterday that fireworks appeared to have frightened the birds into such a frenzy

Weird science

Just one day before some 5,000 blackbirds fell from the sky in Arkansas, piles of dead fish turned up on the banks of the Arkansas

- Between 80,000 to 100,000 drum fish were found dead along a 32-kilometre stretch of the Arkansas River near Ozark.
- The animals' deaths have prompted Christian media to quote Bible passages warning about the end times, while conspiracy theory websites tout it as evidence of UFOs.

that they crashed into homes, cars and each other. Some may have flown straight into the ground.

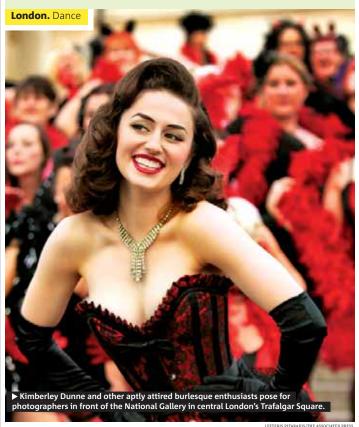
"The blackbirds were flying at rooftop level instead of treetop level" to avoid explosions above, said Karen Rowe, an ornithologist with the Arkansas Game and Fish Commission. "Blackbirds have poor eyesight, and they started colliding

with things."

But Rowe stopped short of declaring the mystery solved, saying labs planned to test bird carcasses for toxins or disease. Another theory was that violent thunderstorms might have disoriented the flock or even just one bird that could have led the group in a fatal plunge to the

A few stunned birds survived their fall and stum-bled around like drunken revellers. There was little light across the countryside at the time, save for the glimmer of fireworks and some lightning on the horizon. In the tumult, many birds probably lost their bearings.

THE ASSOCIATED PRESS



World record burlesque dance?

An attempt to break the record for the World's Largest Burlesque Dance took place yesterday in London. A dance troupe made up of Virgin Holiday staff and burlesque enthusiasts took part in a five-minute bump-and-grind.

Brown begins 3rd term as California governor

Democrat Jerry Brown was sworn in vesterday as California's 39th governor, returning to the office he left 28 years ago but inheriting a much different and more troubled state than the one he led then.

The man who once was California's most famous bachelor took the oath of office after being introduced by his wife of five years, former Gap Inc. executive Anne Gust Brown. at Sacramento Memorial Auditorium

She held a Bible that was her grandfather's and was used during her wedding with Brown. Brown has predicted a grim future for the finan-

cially beleaguered state. Where his predecessor, Republican Arnold Schwarzenegger. pressed optimism at every turn, Brown has been realistic since winning the Nov. 2 election, California

has faced several years of



deep budget deficits and is confronting another esti-mated at \$28 billion US through June 2012.

Its general fund is \$15 billion US less than it was just three years ago, reflecting a sharp drop in tax revenue from a recession that has battered the economy of the nation's most populous state. Brown, 72, said the choices facing California's 38.8 million people are painful.

THE ASSOCIATED PRESS

I'll be back

Jerry Brown becomes only the second person to serve three terms as California governor when he takes over from Arnold Schwarzenegger

His tenure as the 34th governor, from 1975 to 1983, was before voter-imposed term limits, allowing Brown to seek the office again last year.

Young astronomer discovers supernova

A young amateur astronomer from Fredericton has become the voungest person ever to discover a super-

The Royal Astronomical Society of Canada says 10-year-old Kathryn Aurora Gray made the discovery on the weekend

under the watch of two other astronomers.

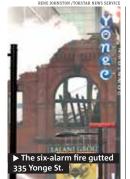
The astronomical society says an image of a galaxy in the constellation of Camelopardalis was made New Year's Eve and the supernova was discovered on Sunday.

THE CANADIAN PRESS

Firemen rescued in Toronto blaze

Two firefighters fell from a neighbouring roof into a burning building early yesterday morning, sparking an intense 30-minute hunt through dense smoke to rescue them. The pair, who were not badly hurt, were finally located on the upper

THE CANADIAN PRESS



Government scribe joins world of Twitter

Giorno, Harper's tight-lipped former chief of staff, has taken un Twitter

Giorno made a point of rarely speaking in public in the two and a half years he spent as Harper's righthand man. He officially stepped down from the job at the end of December.

His Twitter account was set up on Dec. 23 and the first message from the microblogging site was sent on Dec. 30.

But so far, he's not dishing out parliamentary gossip or political pundit- he's taking on some of his former foes in the

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CEOs' pay 155 times more than average: Study

CEO earnings packages higher today than during the 1990s Average Canadians saw small rise in 2009

The recession may have hammered the average Canadian but a new survey suggests CEOs weathered the storm in fine form.

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An examination of the 100 fattest pay packages handed to executives at publicly traded companies in Canada shows they

pulled in an average \$6.6 million each in 2009.

That's a far cry from the \$42,988 the average Canadian makes and it dwarfs the \$19,877 a minimum-wage worker would earn in a year. The study by the Canadian Centre for Policy Alternatives says Canada's best-paid CEOs made 155 times more than the aver-

age Canadian. "Canadians may still be feeling the pain from a worldwide economic meltdown caused by reckless financial speculation but Canada's business elite has preserved its privileged position," writes author Hugh Mackenzie

THE CANADIAN PRESS



Cashing in on social networking

Goldman Sachs is said to have invested \$450 million and Digital Sky Technologies invested \$50 million into Facebook. Representatives for Facebook, Goldman Sachs and Digital Sky Technologies declined to comment.



Hotmail fixed?

Microsoft says it has fixed the glitch that caused some Hotmail users to lose all of their emails.

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RESOLUTION NO. 1: TIME TO QUIT THE GYM



All right everyone, you've had your fun. You argued drunkenly with your family, kissed a complete stranger at midnight and ate about a year's worth of calories in the span of one week. Now it's time to get serious.

ast weekend, as I peered from under my duvet at a disaster zone of empty champagne bottles and orphaned sequins, I thought to myself that perhaps 2011 should be the year I start making some

And so, on a gloomy January morning, I pledge this will be the year I start taking vitamins. I'll read more books, watch less television, pay my bills on time and, finally, against typical New Year's tradition, I resolve to quit

I've been a member of an overpriced health club for more

than a year now, the number of times I've actually visited said facility amounts to the caloric value of four Tic Tacs. Sixty dollars a month debited from my chequing account and all I have to

show for it is a small laminated card collecting dust in my wallet.

Over the years I have joined many a flashy fitness temple with the exact same result — I go routinely for about two months before my commitment wavers and I reach the point where it becomes embarrassing

to even think about showing my face there.

So why join in the first place? Initially, I am wowed by the shiny equipment and excessive

"Initially, I am

wowed by the

shiny equipment

and excessive

amenities."

amenities. "You mean there's a steam room and a smoothie bar? Here's my credit card."

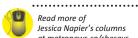
But while the flashy accoutrements might lure me in at first, nothing re-

ally changes the fact that I just can't stand the Lycra-clad cliques of established gym-goers, partly because I despise their hard-bodied smugness, but mostly because they look so good in skinny jeans.

Sure, there may be some wellmeaning aerobic enthusiasts,

but most of the crop-top wearing gym rats aren't really there to exercise. They're there to work on their fake tans, buy protein powder and, most importantly, they are there to check each other out. For, you see, there's no difference between the gym and an obnoxious nightclub; there is an expensive cover charge, aggressive music, sweaty bodies and plenty of tight neon clothing.

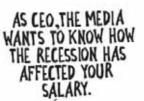
So, in 2011, I resolve to leave the hormonally charged muscle heads to their own devices and promise myself that this is the year I finally kick my habit of avoiding the gym and cancel my membership for good.



Read more of Jessica Napier's columns at metronews.ca/shesays

THE ASSOCIATED PRESS FIL

Cartoon





Attack defined decade

Letters

We asked: What will define the decade of 2000-102

WHITBY, ONT. I would have to say the terrorist attacks on New York City in 2001, which changed everything. It caused panic all over the world. It raised security concerns everywhere and our sense of freedom was taken away. From Sept. 11, 2001, to this day everything has changed. Many lost their lives on that tragic day and many more have lost their lives fighting (against terrorism). Besides all that, we live our lives in a state of "being on edge" and that



Sept. 11, 2001

alone has defined this decade. The decade when the world changed and the days when North Americans realized we weren't invincible. ALLAN EASSON

TORONTO. I would say it was the 9-11 terrorist attacks on the U.S. because it changed so much in terms of how

people think and how the world operates. SARAH EVANS

TORONTO. Social injustice will define the decade. The financial gluttony of the super rich will be seen as widening the divide be-tween rich and poor, causing poverty and polluting the environment. TED CRUDDAS

What are you looking forward to most in 2011? **Email** edmontonletters @metronews.ca Twitter @metroedmonton

Metro has the right to edit letters and submissions.

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Metro Minute at legislature grounds

The holiday season may be behind us, but that doesn't make the lights at the Alberta Legislature Grounds any less picturesque.

Give a final farewell to Christmas with a walk through light-covered and trees snow-white scenery.

lights will be turned on daily from 4:30

p.m. to midnight until Jan. 14; so don't miss your chance to experience this winter wonderland for yourself.

Bring your skates to the south grounds between 10 a.m. and 10 p.m. for some classic winter fun

All festivities are free and open to the public.





News in brief



Actress Valerie Bertinelli has tied the knot in Malibu. Publicist Heidi Schaeffer told The Associated Press that the 50-yearold Hot in Cleveland star married financial planner Tom Vitale on Saturday.

Schaeffer said in an email that a report by People Magazine of the wedding was accurate. The ceremony took place in front of about 100 people at her home, according to People. Guests included Bertinelli's exhusband — rocker Eddie Van Halen and their son Wolfgang. Bertinelli and Van Halen split in 2000 and were officially divorced in

THE ASSOCIATED PRESS

No U.S. network, CBC hopes Pillars can be another no problem

The Pillars of the Earth actor Rufus Sewell glad that mini-series had no American involvement in production ◆ 12th century epic coming to CBC



sword-andsandal epics seem to be all the rage, including The Tudors, Spartacus: Blood and Sand and the forthcoming The Borgias, which airs

this spring. Galloping into the arena is The Pillars of the Earth, a \$40-million, eight-part historical miniseries that begins tonight at 9 p.m. ET on CBC.

The international coproduction was shot in Hungary and Austria and stars Canadian actors Donald Sutherland, Alison Pill (Milk) and Gordon Pinsent, as well as Ian McShane, Hayley Atwell and Rufus Sewell.

With today's ballooning budgets, it seems to take the world to make one of historical these epics. Welsh author Ken Folett wrote the wildly successful novel, which, given the

"As far as I'm concerned, the idea of working for one of the major networks worried me." ACTOR RUFUS SEWELL

Oprah Winfrey Book of the

Month Club seal of approval, topped the bestsellers charts for weeks. Brit Ridley Scott (Robin Hood) is among the executive producers.

The mystery/thriller is set against a backdrop of war and religious strife. Set in the 12th century, it is essentially about an ambitious dream to build a cathedral in a forest during the Middle Ages.

Some Canadians, however, will have seen it be-The miniseries. partially funded by Montreal-based Muse Entertainment, aired last summer on the premium cable channels The Movie Network and Movie Central: it was showcased in the U.S. on the cable channel Starz.

The fact that no big American broadcaster was involved was actually good news for Rufus Sewell.

"As far as I'm concerned, the idea of working for one of the major networks wor-ried me," he says on the phone from Italy, where he was at work playing a detective on another venture. Sewell worried that a

major U.S. network would be so concerned about offending all but the widest possible demographic that a lot of the edgier content would get cut out. He's seen how advertiser boycotts have watered down projects in the past.

becomes slightly cowardly," says Sewell, who suggests networks cave under pressure from special interest groups. "Nobody wants to lose the dollars of stupid people or even bigoted people.

While notes did come from the Canadian, German and British investors in this series, the fact that it wasn't controlled by one major source allowed more of the script that drew Sewell to the project in the first place to remain on the screen. The British-born actor, who played Alexander Hamilton in the HBO production John Adams and also appeared in the shortlived U.S. network series The Eleventh Hour, has seen juicy scenes get snipped before.

"I knew if a scene was very interesting it was going to get less interesting the morning before we did it," he says

THE CANADIAN PRESS

The Pillars of the Earth is one of several new shows premiering tonight on CBC, which in recent years has avoided the crush of fall shows from south of the border by saving its new offerings for January The new reality series Village on a Diet began on Monday, with the new spy spoof comedy Insecurity bowing tonight before Pil-

CBC found a steady 700,000 to 800,000 viewers a week for The Tudors, which concluded a four-season run in the fall. With CTV snatching up rights to The Borgias, a historical series starring Jeremy Irons as a notorious 15th century Pope (tentatively scheduled to begin in April or May), CBC hopes they've found their historical fix with Pillars.

Hungary perfect for historical TV

The actors appearing in The Pillars of the Earth spent five months shooting in and around Budapest. The region works for these historical epics on many levels.

Crews work cheaper than in Hollywood, keeping production costs down, plus the rolling hills of the Hungarian countryside offer vistas mainly free of any modern buildings or other landmarks that would seem out of place.

New technologies have also helped bring these period epics back in vogue. Modern hydro wires and other 21st-century giveaways can be digitally removed and ancient palaces can be digitally inserted. THE CANADIAN PRESS

Actor Postlethwaite dies at 64



Oscar-nominated British actor Pete Postlethwaite, described by director Steven Spielberg as "the best actor in the world," has died at age 64 after a long battle with cancer.

Longtime friend and journalist Andrew Richardson said yesterday that Postlethwaite died in a hospital Sunday.

A gritty and powerful actor, Postlethwaite was nominated for an Oscar for his role in the 1993 film In The Name Of The Father.

He had recently been seen in the critically acclaimed film Inception and had worked with Spielberg on The Lost World: Jurassic Park and Amistad.

Postlethwaite initially planned to become a priest but was drawn to acting.

He received an OBE in 2004 along with many other honours for his long career in movies, theatre, and television.

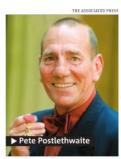
Postlethwaite lived in the hills of rural Shropshire in western England. He was a political activist known for his opposition to the war in Iraq and his call for policies to fight global warming.

He had recently re-turned to the stage to star as King Lear.

The actor had been treated Royal at the Hospital. Shrewsbury Shortly before his death he publicly thanked the hospital staff in the Shropshire Star newspaper for their "wonderful" treatment and care during his illness.

He is survived by his wife, Jacqui, his son, Will, and daughter, Lily.

THE ASSOCIATED PRESS



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09

Lohan plans new start in new place

● Managhado g w from paparazzi, past influences

To get a fresh start after rehab, Lindsay Lohan is ditching her West Hollywood apartment for a three-bed room rented condo in a beach-side suburb of Los Angeles, according to Radar Online. "She made the decision to move out some time ago and begin a new chapter," a source says. "Lindsay considered her former apartment in West Hollywood too accessible to paparazzi and those in her life she wants to leave behind." @ METRO



Jackson documentary postponed

The Discovery Channel has bowed to pressure from Michael Jackson's estate and agreed to postpone a filmed reenactment of the late singer's autopsy that was set to air in the U.K.,

according to TMZ. "At the request of Michael Jackson's estate, the scheduled broadcast of the medical documentary related to Michael Jackson's official autopsy has been postponed indefinitely,"

network's reps said.

Jackson's executors had complained that the show "shockingly bad was in

Arquette checks into

David Arquette has checked himself into rehab for alco-hol and "other issues," according to TMZ. Arquette, who has been partying a lot since his separation from Courteney Cox, is seeking treatment because it's "the right thing to do for his family," a source close to the actor says.

But before heading to rehab, Arquette reportedly had one last wild night, celebrating New Year's Eve at the Roosevelt Hotel in Hollywood. metro

Shania secretly wed already

Just weeks after anengagenouncing her Frederic Thiebaud, Shania Twain is already married, according to People magazine.
The couple tied the knot on New Year's Day, her rep confirms.
"They were married at

sunset in Rincon, Puerto Rico, in front of 40 of their closest family friends," her rep tells the magazine.



Married, or just fooling?



Jolie reportedly closed out 2010 by tying the knot, but it was all for show, according to In Touch, Sources say the couple held a mock wedding ceremony in Mo-rocco for the benefit of their six children. "Brad and Angelina decided now was the time to show them how much they loved each other and wanted to be unified as a family," a source says. metro





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Microeconomics [JRSB110]

Fee: \$495

Thu, 6:00 pm - 10:00 pm Jan 13 to Apr 14

Macroeconomics [JRSB112]

Fee: \$495 Wed, 6:00 - 10:00 pm Jan 12 to Apr 13

Intro. Financial Accounting [JRSB115]

Fee: \$495

Tue, 6:00 - 10:00 pm Jan 11 to Apr 19

Intro. Managerial Accounting [JRSB117]

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Intro. to Business [JRSB120]

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Fee: \$495 Wed, 6:00 - 10:00 pm Jan 12 to Apr 13

Intro. to Marketing [JRSB130]

Fee: \$495 Thu, 6:00 - 10:00 pm Jan 13 to Apr 14

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Anatomy & Physiology [HSC103]

Fee: \$590 Jan 1 to Jul 31

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[HSC104] Fee: \$570 Jan 1 to May 31

EMERGENCY MEDICAL SERVICES

Basic Life Support for Healthcare Providers - C [CPR100]

Next class intake Jan 13

Emergency Medical Responder [EMRT90]

Next intake Jan 4

Feb 12 to 13

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Fee: \$337 Sat & Sun, 8:00 am - 5:00 pm

DIGITAL MEDIA AND IT

Communication in IT and New Media **FDMIT1011**

Fee: \$555 Mon & Wed, 7:30 - 9:30 pm Jan 10 to Apr 20

Digital Graphic Design Tools [DMIT102]

Fee: \$555 Tue & Thu, 5:15 - 7:15 pm Jan 11 to Apr 21 Development [DMIT105]

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Fee: \$555 Mon & Wed, 5:15 - 7:15 pm Jan 10 to Apr 20

Web Design 1 [DMIT108]

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TRADES & TECHNOLOGY

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Fee: \$895

Mon & Wed, 6:00 to 9:00 pm and Sat, 8:00 am to 3:00 pm Jan 10 to Feb 5 Includes Sat, Jan 15, Jan 29, Feb 5

B Pressure Welding [WLD227]

Fee: \$1925 Mon, Wed & Thu, 6:00 - 9:30 pm

Jan 10 to Mar 3

Visual Welding [WLD950] Fee: \$1525

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Programmable Logic Controllers Using Allen-Bradley ControlLogix Equip -Level I [ELT70]

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Electrical - Master Certification

Fee: \$950 Thu, 6:30 - 9:30 pm & Sat, 8:00 am - 1:00 pm Jan 13 to Apr 21

Forklift Certification [CRP52]

Sat, 8:30 am - 3:00 pm Jan 15 to 16

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Fee: \$175

Woodworking for Women [FDC51] Fee: \$425

Jan 15 to Feb 19 Basic Instrumentation [IET110] Fee: \$995

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Millwright Fundamentals [MIT16]

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National Plumbing Code of Canada [PIP48]

Fee: \$350 Fri, 6:00 to 9:00 pm and Sat & Sun, 8:00 am - 4:00 pm Jan 21 to 23

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Sat & Sun. 8:30 am - 4:30 pm Jan 22 to 23

Fiber Optics Certification [SEE270]

Mon to Fri, 8:30 am - 4:30 pm Jan 24 to 28

Electric Hybrid Vehicle Safety ΓMM221

Fee: \$350

Tue & Thu, 6:00 pm - 9:00 pm Jan 25 to Feb 1

Electrical Trade Basic Skills [ELE702]

Fee: \$895 Tue & Thu, 6:00 - 9:00 pm and Sat, 8:00 am - 3:30 pm Jan 25 to Mar 29

Concrete Countertops [CRP330]

Fee: \$550 Fri, 6:00 - 10:00 pm and Sat & Sun, 8:00 am - 4:00 pm Jan 28 to 30

Japanese Sword Blade Forging

Fee: \$165 Fri, 6:00 - 9:00 pm and Sat, 9:00 am - 5:00 pm

Transportation of Dangerous Goods (TDG) Train the Trainer [MM90]

Fee: \$1.200 + \$350 Material Fee Mon to Fri, 8:00 am - 4:00 pm Feb 21 to 25

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CULINARY

Feb 18 to 19

Kitchen Skills I [HOS94]

Fee: \$245

Tue & Thu, 6:00 - 10:00 pm Jan 18 to 25

Artisan Bread Making [BAK32]

Fee: \$225 Tue & Thu, 6:00 - 10:00 pm Jan 25 to Feb 1

Cooking New Orleans Style [HOS135]

Fee: \$125 Sat, 10:00 am - 2:00 pm

Cake Decorating Principles [BAK400]

Online Distance Delivery Next intake Jan 10

HOSPITALITY

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Your path starts at www.nait.ca/ConEd or call 780.471.6248





metr@wellness





Frostbite is most common in outdoor workers, homeless people, and athletes par-ticipating in outdoor sports. But it can certainly strike adults and children who are having fun and staying outside a little longer than they should. The best winter clothing is breathable, windproof, and quick-drying. CELIA MILNE





Frostbite warning

How to recognize if you have it and what to do when someone you know is showing the signs • Be careful though, you could make things worse



During the winter season, it's great to get outside to enjoy the crisp, cold air and, of course, the snow. However, whether you are snowboarding, skiing, tobogganing, snowshoeing or simply waiting for the bus, frostbite can happen if you're exposed to the

cold for too long.

And though tempting, rubbing a frostbite can ac-

tually make it worse.
"Do not rub on the affected areas as this can cause further damage," says Dr. Jensen Yeung, medical director of RKS Dermatology at Women's College Hospital and the

University of Toronto.

Frostbite is damage to the skin and other tissues, and happens when blood vessels under the skin constrict, which can hap-pen at zero degrees and

"A combination of factors determine when frostbite will form," says Yeung. "These include the duration of cold exposure, windchill, wet clothing, inadequate clothing and poor circulation?

Poor circulation can be a result of wearing clothing that is too tight, smoking, diabetes or peripheral vascular disease.

According to Parks Canada, areas most prone to frostbite are toes, feet, fingers, hands, ears and

"A combination of factors determine when frostbite will form... exposure, windchill, wet clothing, inadequate clothing and poor circulation."

- Signs to look for that you or a family member have frostbite include:
- Shivering (may be absent in later stages) • Lack of feeling in the affected area
- Skin that appears waxy · Skin that is cold to the

In second degree frost-

bite, says Yeung, water-filled blisters can develop. In third and fourth degree frostbite, you may have blood-filled blisters and damage to the nerves. In extreme cases, gangrene can result.

Here's what to do: Bring the person in to a warm environment as soon as possible.

Immediately remove all wet clothing and put on dry ones. Then wrap the

person in warm blankets. Quickly warm up the affected areas in a bathtub with water at 40 to 42 de-

Only start to rewarm the person if further refreezing can be prevented. Fluid replacement is also extremely important.

Hypothermia

Hypothermia is a risk with cold weather and prolonged outdoor activities. It can sneak up on vou if the weather changes, warns Parks Canada Someone who is suffering from hypothermia is no longer able to keep themselves warm. It's possible to develop hypothermia at any temperature under zero degrees. Signs and Symptoms of Hypothermia

- Shivering (may be absent in later stages)
- Numbness
- Lack of coordination Confused or unusual
- Body temperature below 35º C (95º F)

2011's liquid predictions



believe how Can you quickly peared? 2010 disap-

Why, it seems like just yesterday Mel Gibson and Mother Nature were battling it out to see who could act crazier by year's end.

Now that we're officially into 2011, I've dusted off my crystal ball and am prepared to make the following liquid predictions for the coming 12 months. Look for Australia to

make a comeback this year. With a major focus on regionality more celebrity winemakers than kangaroos -Down Under is preparing to wow your palates.

I also see food-friendly German white wines and non-fortified Portuguese reds working their way into your glasses.

From the vine, malbec will keep rocking the red wine world with sauvignon blanc doing the same for the whites

Also, look for red blends (especially those with a touch of residual sugar) to be the talk of liquor store shelves.

On the boozier side of things, I see both Irish and American whiskey capturing more market share across the country.

But, my money's on particularly brands like Russian Standard (750 ml,



PRICES REFLECT THE RANGE ACROSS THE COUNTRY.
SOME PROD-UCTS MAY AVAILABLE IN ALL





Skip the booze in this Bourbon Chicken by using apple juice

This pecan-crusted chicken breast with bourbon pan sauce has flavour and looks impressive but takes only 35 minutes to complete.

Preparation:

- Heat oven to 220 C (425 F). In a food processor, combine pecans, 125 ml (1/2 cup) of the flour, salt and pepper, then pulse until mixture becomes a coarse meal. Transfer mixture to a shallow dish.
- Place remaining 125 ml (1/2 cup) flour in a second shallow dish. In a third shallow dish, lightly whisk eggs.
- Dip both sides of each chicken breast first in flour, shaking off any excess, then in eggs, then through pecan mixture. Transfer to a plate.

- In a skillet over medium-high, heat 30 ml (2 tbsp) of the oil. Add 3 chicken breasts and cook until well browned on both sides, 4 minutes per side. Transfer chicken to a baking sheet. Repeat with remaining oil and chicken breasts.
- Place baking sheet in oven and cook chicken for 12 to 15 minutes. While chicken bakes, make sauce. With skillet over medium-high heat, add bourbon and dealaze, scrapina up browned bits from bottom of pan. Add broth, honey and mustard and bring to a simmer.
- In a bowl, stir together cornstarch and water. Whisk cornstarch into skillet sauce, stir until thick. Stir in chives and soy sauce. Pour sauce over chicken breasts to serve. THE CANADIAN PRESS



Ingredients:

- 250 ml (1 cup) finely
- chopped pecans
 250 ml (1 cup) white allpurpose flour, divide
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 large eggs
- 6 boneless, skinless chicken breasts (1 kg/2 lbs) • 60 ml (4 tbsp) extra-virgin
- olive oil, divided • 50 ml (1/4 cup) bourbon
- 250 ml (1 cup) chicken broth
- 15 ml (1 tbsp) honey • 15 ml (1 tbsp) coarse-
- grained mustard
- 7 ml (1 1/2 tsp) cornstarch
- 10 ml (2 tsp) water • 50 ml (1/4 cup) chopped
- fresh chives • 5 ml (1 tsp) reduced-sodi-
- um soy sauce



Alberta Health Services is researching the effects of Cold-FX"on children's colds and flus. Children between the ages of 3 and 11 who usually suffer from at least one cold or flu annually but are in otherwise good health are eligible.

> Please call 780-904-5747 for more information



Participants will be reimbursed for their travel and expenses





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ROMANCE **BLOOMS ON** THE RIDEAU

Names: Lisa and Trev, both 23

Hometown: Ottawa

Together since: 2004

Trevor and I (Lisa) first met when I was in Grade 10, and he was in Grade

I was far too shy to approach him, but when Trevor would come into my classroom to talk to his hockey coach, my entire class would badger me about my huge crush — right in front of him!

It didn't take him long to clue in.

Trev and I soon started talking and he asked me out on a date.

We walked the Rideau Canal hand-in-hand and we learned quite a lot about one another in just a couple of hours.

That's exactly where and when it all began!

We have been together more than six years, and on Oct. 16, 2010, Trevor proposed.

We are now planning to buy a house and say "I do" in 2012.

He will always be my high-school sweetheart and, even more, my soulmate.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY



WHY DON'T YOU GET A (CHAT) ROOM

Smug Marrieds

ANGELA PACIENZA & DEREK **CHEZZI**

2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



Friends of ours continuously post lovey-dovey comments to one another on their public Facebook wall. It's making everyone else nauseous. How do we tell them to turn off their Facebook faux pas?

Angela says ..

Do they also "talk" to each other on Facebook when they're in the same house? Ewwww ... that's just plain tacky in my book.

Since they're obviously not down with social media etiquette, I advise a direct approach. Take one half of the couple aside and gently explain that their wall postings fall under the TMI category or are just plain annoying/icky to friends.

Suggest they try the less public form of communicating such as texting or email. Question: Does this couple also speak in baby voices to each other? If so, I'm afraid you might not get very far. Another option is to just unfriend them. I know it sounds harsh, but Facebook is your space, and if you don't want to read lovesick posts, you don't have to.

Derek says...

Just un-friend them. Clearly they have little value to add to your friend feed. If it comes up in con-versation, be blunt: Tell them you wanted to heave every time their status updates popped up on your iPhone

Register on **metrolifepanel.ca** and vote on your 10 top 10's of 2010.

Results will be featured in Metro starting January 11 and posted at metronews.ca/top10

EVERY RESPONDENT WILL BE ENTERED TO WIN AN XBOX 360!

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A debt-free family vacation

Nearly half of employed Canadians identify themselves as vacation-deprived. reports Expedia.ca in a recent survey.

So how can you make it easier to take your family on that well-deserved vacation?

Since cost is often the biggest vacation concern, experts say the key is finding ways to make saving money easier.

"The price tag on a family vacation can seem overwhelming, but it doesn't have to be," said Dennis Tew, chief financial officer, Franklin Templeton Investments Corp.

"The family that plans and saves together can make that dream vacation an affordable reality.'

Five financial tips for planning a family vacation

1. Start early

Figure out the most economical time and travel destination.

2. Hunt for deals

Be on the lookout for flight seat sales, hotel promo-tions, coupons and child discounts. Use travel points when possible.

3. Build a vacation fund

Start a vacation fund with a high-interest savings account and transfer money regularly. A small amount each payday will quickly add up.

4. Get the kids involved

Give children a budget and let them choose activities based on the dollars avail-

This will help them feel involved and build excitement for the trip.

5. Save together Encourage children to save for the trip by having them put away part of their allowance. This can be their spending money.

More information on saving for short-term goals is available at franklintempleton.ca.

Fun and Frugal LESLEY SCORGIE MONEYGMETRONEWS CA



FRESH FINANCES

OK so you're not Warren Buffett and you probably need to shape up some part of your financial life in 2011. Set realistic financial resolutions this year that you can actually keep.

Learn more about money.

You'll feel better equipped to make good financial choices. Take 10 minutes a week to read an investment article in the paper or online. Check out moneyville.ca, globeinvestor.com or finance.yahoo.com.

Get better organized. Set up a budget and follow it. Use free budgeting tools online with your bank. Keep your receipts in file folders and pay close attention to your bills to

ensure they're accurate.

Develop a financial plan

Grow your net worth through a combination of debt reduction and asset growth. Get a second or third opinion from a Certified Financial Planner (CFP) or professional accountant.

Track your net worth

progress. Use a spreadsheet; list all assets like RRSPs and real estate and liabilities like car loans and mortgages. When you subtract your liabilities from your assets, you'll see your bottom line. You want this number to grow, so set some net worth goals for 2011 to reduce debt and build your assets.

Take care when consuming from your home computer



The average Canadian spent about \$550 shopping online over the past year with almost three million households reporting some kind of online purchase. And why not? Online shopping is fast, convenient and allows you to comparison shop at the click of a mouse.

While most shopping sites are credible, there are those that prey on trusting consumers. To protect yourself while shopping online, follow these tips:

• Know who you're deal-

ing with. Look for phone numbers, e-mail addresses and street addresses so you can follow up if needed.

- Know exactly what you're buying. The vendor should tell you everything you need to know about the product to make a satisfactory purchase, such as size, colour, weight, texture, warranties and other factures.
- Know what you're agreeing to. Look for detailed information about the terms of sale, the company's privacy, complaint

policies and the expected delivery date and costs.

- Read the return policy. The vendor should outline the return policy and any fees associated with it such as shipping costs.
- Know exactly what you're paying. Ask for the total price, including taxes, shipping, insurance and handling.
- Be cautious. Never give your credit card information before entering a site and never buy into unsolicited offers you receive by e-mail. NEWSCANADA



► Hold on tight to your warranties after the holiday season if you'd like your favourite loot to last.

Watch for warranties!

ON MONEY

ALISON GRIFFITHS



Stop! Don't burn or recycle that wrapping paper. While you're sifting

through the post-holiday detritus, make a special effort to look for, and hold on to, warranties. Most Canadian families make a considerable investment in presents — \$600 to \$750 on average — and one of the best ways to preserve that investment is to keep track of warranties, big and small.

The first time I realized I

needed to pay better attention to warranties came when I took my kitchen knives into a Henckels' free sharpening clinic. My husband had used the chef's knife eons earlier for some unauthorized prying and broke off the tip. The rep conducting the workshop took one look at it said, "It's under warranty, I'll replace it." Voila, a brand new knife and no snarky remarks about husbands.

Similarly, when I phoned Obus Forme to purchase a new back for a 10-year-old office chair, the company informed me it was covered under a lifetime warranty.

It's all too easy to toss a

broken item, with so much these days lasting such a short time. But warranties can be your ticket to extended use.

The best part about being diligent on the warranty front is that you are extending the life of investments you've made with after tax dollars.

Glitchy gifts

Chances of top holiday purchases breaking down in the first three years:

- Desktop computer: 37%
- Laptop: 33%
 Digital camera: 8%
- CONSUMER REPORTS



ABORIGINAL YOUTH BUSINESS DREAM CATCHER PROGRAM

ARE YOU

an Aboriginal youth age 15-24 years old? Are you living in Edmonton? Have you ever thought about owning your own business?

Do you want to meet other cool, interesting, youth entrepreneurs and connect with Aboriginal Mentors from all over Canada?!

This is your time to shine! Come and explore your ideas further, with Aboriginal Mentors who've been in your shoes. At the end of each series, you have the greater understanding in developing your business concept, business and their entrepreneurial knowledge and your financial literacy skills. If you love a challenge and want to reach your dream as an enterpreneur then Aboriginal Youth Business Dream Catcher is for YOU!

Starting the Journey - February 5th, 2011

Starting the Journey - February 5th, 2011 Business Planning - February 12th, 2011 Dealing with Finance - February 22nd, 2011 Exposing Funding - February 26th, 2011

Series 2 Workshop (19-24 years old)
Starting the Journey - March 5th, 2011
Business Planning - March 12th, 2011
Dealing with Finance - March 19th, 2011
Exposing Funding - March 26th, 2011

Location

Norquest College 10215 - 108 Street NW

Space is limited! Registration is FREE, Lunch and Transportation is provided.

DEADLINE to register: January 14th, 2011.

Register today by calling the CANDO office 780-990-0303 and ask for Roxanne Stonechild.

sports

This dish was served cold

● Canada beats U.S. in Buffalo after losing on home ice in last year's gold-medal game ● Moving on to face Russians in tournament final



Sports in brief



Brandon Webb signed with the Texas Rangers.

The Minnesota Vikings have reached an agreement with Leslie Frazier to be their next coach.

The Cleveland Browns fired coach Eric Mangini following a second straight 5-11 season.

THE ASSOCIATED

Bring on the Russians.

Canada has advanced to its 10th straight final at the world junior hockey championship with a 4-1 win over the rival United States last night.

Curtis Hamilton, Quinton Howden, Ryan Johansen and Zack Kassian scored for Canada.

Canada will face Russia for gold. Russia beat Sweden 6-5 in a shootout in the other semifinal.

Canada played a physical game to get revenge on 4

1 u.s.

the Americans, who beat the Canadians 6-5 in overtime in last year's goldmedal game.

That ended a run of five straight titles for Canada. Canada opened the scoring 2:38 into a physical first period. Cody Eakin fed Hamilton, who stickhandled in on the U.S. goal. Jack Campbell made the initial save but Hamilton got the rebound and put the puck past the helpless American goaltender.

Canada added to its lead at 13:54 of the first when Brett Connolly set up Howden. Canada goaltender Mark Visentin also drew an assist on the play.

Canada went up 3-0 at 5:59 of the second period on a two-man advantage.

Johansen tipped the rebound of a Ryan Ellis shot past Campbell. Johansen has a point in all six of Canada's games in the tournament.

Kassian made it 4-0 at 6:02 of the third period, scoring on a breakaway seconds after Canada killed off a slashing penalty.

The U.S. spoiled Visentin's shutout bid when Chris Brown scored a power-play goal at 9:37 of the third

THE CANADIAN PRESS

Oilers view tough times as learning experience

The Edmonton Oilers have lost six straight games. Their already inexperienced lineup has been thinned by injuries. They play five of their next seven games on the road and, just for good measure, the powerful Detroit Red Wings are coming to town tonight.

With a full-scale rebuild on the go, the Oilers expected their share of adversity this season, but they probably didn't think the outlook would be this grim as they stagger into 2011.

"It's tough for guys who haven't been through something like this, younger guys," said forward Andrew Cogliano. "You have to keep the mood very good in here. You have to keep things upbeat."

The Oilers (12-18-7) are 1-6-2 in their last nine games and in last place in the Western Conference following a 2-1 loss to the rival Calgary Flames Saturday.

Already without captain Shawn Horcoff, out another month with a sprained knee, and leading scorer and power-play quarterback Ryan Whitney, who might be facing season-ending ankle surgery, the Oilers lost rookie Jordan Eberle to an ankle injury against Calgary.

Now, with a depleted lineup, they face one of those tough stretches that coaches like to refer to as an exercise in character building.

"They're playing hockey," said coach Tom Renney. "We're doing what we love to do. It's not always easy. It's not always pretty and it's not always fun, but it's not always fun, but it's always a challenge and it's always worth it." THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	39	24	10	2	3	131	104	53	12-6-0-2	12-4-2-1	7-3-0-0	W1
d-Tampa Bay	39	23	11	3	2	121	122	51	12-3-1-1	11-8-2-1	8-1-1-0	W2
d-Boston	38	21	11	1	5	110	85	48	9-6-1-2	12-5-0-3	5-3-0-2	W1
Pittsburgh	40	25	12	2	1	127	94	53	13-7-1-0	12-5-1-1	5-4-0-1	L2
Washington	40	23	12	2	3	120	106	51	14-4-1-3	9-8-1-0	5-3-1-1	W3
Atlanta	42	21	15	2	4	131	125	48	11-7-1-2	10-8-1-2	4-4-1-1	W1
NY Rangers	40	22	15	2	1	119	103	47	9-8-1-1	13-7-1-0	5-3-1-1	L2
Montreal	40	21	16	3	0	100	96	45	12-5-3-0	9-11-0-0	3-6-1-0	L1
Carolina	38	18	15	1	4	111	115	41	8-7-1-1	10-8-0-3	5-3-1-1	L1
Florida	37	18	17	1	1	102	95	38	8-6-1-1	10-11-0-0	4-4-1-1	W2
Ottawa	40	16	19	4	1	90	121	37	9-11-1-1	7-8-3-0	4-4-2-0	L3
Buffalo	38	16	18	4	0	105	114	36	9-10-1-0	7-8-3-0	5-5-0-0	W2
Toronto	38	14	20	2	2	90	113	32	8-10-2-1	6-10-0-1	4-6-0-0	L1
NY Islanders	37	12	19	3	3	89	120	30	7-7-1-2	5-12-2-1	7-2-0-1	W3
New Jersev	38	10	26	1	1	68	122	22	6-11-1-1	4-15-0-0	2-8-0-0	L1

WESTERN CONFERENCE

	UP	vv	_ L	UIL)L	Ur	UA	PLS	nome	Awdy	rg2f T0	Suk
d-Vancouver	37	24	8	3	2	127	92	53	13-3-1-1	11-5-2-1	8-1-1-0	W5
d-Detroit	39	24	10	4	1	133	110	53	13-5-3-1	11-5-1-0	5-3-2-0	L2
d-Dallas	40	23	13	1	3	114	113	50	12-6-1-2	11-7-0-1	5-3-1-1	W1
San Jose	39	21	13	4	1	115	108	47	10-5-2-1	11-8-2-0	6-3-0-1	W2
Anaheim	42	21	17	2	2	109	119	46	13-6-0-1	8-11-2-1	6-4-0-0	W3
St. Louis	38	20	13	2	3	101	104	45	14-5-0-2	6-8-2-1	6-4-0-0	L1
Los Angeles	39	22	16	1	0	116	96	45	13-5-1-0	9-11-0-0	5-5-0-0	L4
Colorado	39	20	14	5	0	132	125	45	10-7-2-0	10-7-3-0	5-4-1-0	L2
Chicago	41	21	17	2	1	126	115	45	12-9-0-0	9-8-2-1	5-5-0-0	W1
Nashville	38	19	13	4	2	95	93	44	9-4-3-2	10-9-1-0	5-5-0-0	W2
Columbus	39	20	16	2	1	101	114	43	11-9-0-1	9-7-2-0	5-5-0-0	L1
Phoenix	38	17	13	5	3	106	113	42	7-5-2-2	10-8-3-1	3-5-0-2	L2
Minnesota	38	18	15	1	4	98	112	41	10-9-0-2	8-6-1-2	6-3-0-1	W1
Calgary	40	18	19	1	2	107	115	39	11-8-0-0	7-11-1-2	6-4-0-0	L1
Edmonton	37	12	18	1	6	95	126	31	6-10-1-2	6-8-1-3	2-6-0-2	L6

d — division leaders ranked 1.2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Boston 2 Toronto 1 Carolina 4 Florida 3 (OT) N.Y. Islanders 5 Calgary 2 Chicago 4 Los Angeles 3 Vancouver at San Jose Sunday's results Vancouver 2 Colorado 1 Atlanta 4 Montreal 3 (OT) Anaheim 2 Chicago 1 Dallas 4 St. Louis 2 Florida 3 N.Y. Rangers 0 Minnesota 6 Phoenix 5 (OT)

Nashville 4 Columbus 1 Philadelphia 3 Detroit 2 Tonight's games (All times Eastern) Minnesota at New Jersey, 7 p.m. Tampa Bay at Washington, 7 p.m. Buffalo at Colorado, 9 p.m. Detroit 3 t Edmoston, 9 p.m. Detroit at Edmonton, 9 p.m. Columbus at Phoenix, 9 p.m.

Nashville 4 Columbus 1

Eriksson, Dal

ISLANDERS 5, FLAMES 2

First Period
1. N.Y. Islanders, Tavares 12 (Parenteau, Mac-1. N.Y. Islanders, Tavares 12 (Parenteau, Mac-Donald) 3:37 (pp)
2. N.Y. Islanders, Moulson 13 (Parenteau, Tavares) 8:29
3. Calgary, Moss 5 (Pardy, Babchuk) 11:37
4. N.Y. Islanders, Tavares 13 (MacDonald, Nielsen) 13:25 (pp)
Penalties — Jackman Cal (goaltender interfer-ence) 3:25, Knopka NYI, Kostopoulos Cal (fighting) 9:15, Pardy Cal (slashing) 12:16.
Second Period

Second Period
5. N.Y. Islanders, Moulson 14 (Hamonic) 3:06

6. Calgary, Moss 6 (Jackman) 13:22

Penalty — Reese NYI (slashing) 4:26.

Third Period

7. N.Y. Islanders, Grabner 9 (Eaton) 18:54 (en)

7. N.Y. Islanders, Grabner 9 (Eaton) 18:54 (en)

Penalty — Parenteau NYI (tripping) 4:20.

NY. Islanders

13 9 4 26

Calgary

9 19 15 43

Goal (shots-saves) — NY. Islanders: DiPietro

(W,6-6-4)(14-13), Lawson (5:40 second)(2929); Calgary; Karlsson (L,2-3-2). Power plays

(goals-chances) — NY. Islanders: 2-2; Calgary: 0-2

Att. — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PI
Crosby, Pgh	32	33	65
Stamkos, TB	31	25	56
St. Louis, TB	16	34	50
H.Sedin, Vcr	9	40	49
D.Sedin, Vcr	20	27	47
B.Richards, Dal	18	27	45
Perry, Ana	21	23	44
Zetterberg, Det	14	30	44

OVECHKIH, WASH	14	20	4
Byfuglien, Atl	16	25	4
Kopitar, LA	15	26	4
Duchene, Col	15	24	3
Datsyuk, Det	12	27	3
Sharp, Chi	21	17	3
E.Staal, Car	18	19	3
Getzlaf, Ana	13	24	3
M.Richards, Pha	13	24	3
Backstrom, Wash	11	26	3
Lidstrom, Det	11	26	3
P.Stastny, Col	15	21	3
Semin, Wash	18	17	3
Giroux, Pha	16	19	3
Iginla, Cal	16	19	3
Heatley, SJ	15	20	3
Roy, Buf	10	25	3
J.Thornton, SJ	10	25	3
Kesler, Vcr	19	15	3
Clowe, SJ	10	24	3
Selanne, Ana	10	24	3
M.Koivu, Minn	9	25	3
Havlat, Minn	8	26	3
Enstrom, Atl	7	27	3
D.Brown, LA	16	17	3
Toews, Chi	15	18	3
Malkin, Pgh	14	19	3
Letang, Pgh	6	27	3
J.Carter, Pha	16	16	3
J.Williams, LA	15	17	3
Ladd, Atl	13	19	3
Plekanec, MtI	12	20	3
Hejduk, Col	11	21	3
Ribeiro, Dal	6	26	3
Nash, Clb	18	13	3
Franzen, Det	17	14	3
Tanguay, Cal	10	21	3
Briere, Pha	18	12	3
Dubinsky, NYR	15	15	3
Not including last night's	games		

HOCKEY

IIHF WORLD JUNIOR **CHAMPIONSHIP**

(All times Eastern) RELEGATION BRACKET All Games at Lewiston, N.Y.

	GP	W	LO	τw	OTL	GF	GA	Pt
Czech Republ	ic 2	2	0	0	0	5	2	6
Slovakia	2	1	0	1	0	7	1	5
x-Germany	2	0	1	0	1	3	5	1
x-Norway	2	0	2	0	0	0	7	0
x-Germany	2	0	1	0	1	3	_	1

x — relegated to B-pool. Sunday's results Czech Republic 3 Germany 2 Slovakia 5 Norway 0

Today's games Germany vs. Norway, 3:30 p.m. Slovakia vs. Czech Republic, 7:30 p.m.

CHAMPIONSHIP RRACKET All Games at Buffalo, N.Y. Yesterday's results

Semifinals Russia 4 Sweden 3 (SO) Canada 4 U.S. 1

Sunday's results Ouarter-finals Canada 4 Switzerland 1

Russia 4 Finland 3 (OT)
Tonight's game
Fifth Place
Finland vs. Switzerland, 7:30 p.m.

Tomorrow's games Bronze Medal Sweden vs. U.S., 3:30 p.m. Gold Medal Russia vs. Canada, 7:30 p.m.

CANADA 4, U.S. 1

First Period

1. Canada, Hamilton 4 (Eakin) 2:38

2. Canada, Howden 2 (Connolly, Gudbranson)

13:54

Penalties — None.

Second Period

3. Canada, Johansen 3 (Ellis, Barrie) 5:59 (pp)
Penalties — Howden Cda (high-sticking) 2:33,
Coyle US (high-sticking) 4:33, Wey US (hooking) 4:58, de Haan Cda (slashing) 16:18.

Third Period 4. Canada, Kassian 2 (de Haan) 6:02 5. U.S., Brown 2 (Morin, Leddy) 9:37 (pp) Penalties — Ashton Cda (slashing) 3:54, Johansen Cda (hooking) 8:54, Coyle US (delay of game) 10:50 Shots

Canada 12 16 13 4: U.S. 5 12 6 2: Goal — Canada: Visentin (W,3-0); U.S.: Campbell (L,4-1). Power plays (goals-chances) -Canada: 1-3: U.S.: 1-4.

Referees — Martin Frano, Jari Levonen. Lines-men — Mikko Kekalainen, Felix Winnekens. Attendance — N.A at Buffalo.

SOCCER

ENGLAND

LEAGUE CHAMPIONSHIP

Vesterday's results
Barnsley 2 Coventry 1
Crystal Palace 1 Preston 0
Derby 0 Millwall 0
Ipswich 0 Nottingham Forest 1
Leicester 2 Swansea 1
Middlesbrough 1 Norwich 1
Portements 1 July 2 Portsmouth 2 Hull 3 Queens Park Rangers 2 Bristol City 2 Reading 2 Burnley 1 Scunthorpe 1 Watford 2 Sheffield United 2 Doncaster 2

SCOTLAND

PREMIER LEAGUE

TRANSACTIONS

BASEBALL

AMERICAN I FAGUE

NEW YORK YANKEES — Agreed to terms with LHP Pedro Feliciano on a two-year contract. TEXAS RANGERS — Agreed to terms with RHP Brandon Webb and LHP Arthur Rhodes on a one-year contracts. Designated C Max Ramirez and LHP Clay Rapada for assignment.

NATIONAL LEAGUE

SAN DIEGO PADRES — Agreed to terms with INF/OF Brad Hawpe on a one-year contract.

FOOTBALL

CINCINNATI BENGALS - Signed FB James Develin, OT Andrew Gardner, S Cary Harris, G Otis Hudson and DE James Ruffin from the

CLEVELAND BROWNS — Fired coach Eric

Mangini.

DALLAS COWBOYS — Agreed to terms with G
Travis Bright. Signed WR Troy Bergeron, T
Robert Brewster, DE Alex Daniels, WR Jeff
Moturi, TE Jason Pociask, LB Kelvin Smith, CB Ross Weaver to their reserve future list.

MINNESOTA VIKINGS — Reached agreement with interim coach Leslie Frazier to become permanent coach.

OMAHA NIGHTHAWKS — Fired coach Jeff Jagodzinski.

HOCKEY

PHILADELPHIA FLYERS — Waived G Michael

PHOENIX COYOTES — Assigned F Mikkel PHOENIX COYOTES — Assigned F Mikkel Boedker to San Antonio (AHL). PITTSBURGH PENGUINS — Signed D Deryk Engelland to a three-year contract. TAMPA BAY LIGHTNING — Reassigned G Jaroslav Janus from Norfolk (AHL) to Florida (ECHL).

AHL

ABBOTSFORD HEAT — Assigned F Hugo Car-pentier and D Giffen Nyren to Utah (ECHL). SYRACUSE CRUNCH — Recalled F Eric Lampe and F Josh Brittain from Elmira (ECHL).

ECHL

ECHL — Fined Elmira LW Jon Mirasty and Kalamazoo F Justin Taylor undisclosed amounts for their actions during Friday's game at Kalamazoo.

FOOTBALL

NCAA

BOWL GAMES

(All times Eastern Last night's result ORANGE BOWL

At Miami Stanford 40 Virginia Tech 12 Tonight's game

SUGAR ROWI

At New Orleans
Ohio State (11-1) vs. Arkansas (10-2), 8 p.m.
Thursday's game
GODADDY.COM BOWL

At Mobile, Ala. Miami (Ohio) (9-4) vs. Middle Tennessee (6-

6), 8 p.m. Friday's game

COTTON BOWL

Texas A&M (9-3) vs. Louisiana State (10-2), 8

Saturday's game BBVA COMPASS BOWL At Birmingham, Ala. Pittsburgh (7-5) vs. Kentucky (6-6), Noon

EASTERN CONFERENCE

d-Boston	26	7	.788	_
d-Miami	27	9	.750	1/2
d-Chicago	22	10	.688	31/2
Orlando	22	12	.647	41/2
Atlanta	22	14	.611	51/2
New York	19	14	.576	7
Indiana	14	18	.438	111/2
Milwaukee	13	18	.419	12
Philadelphia	13	21	.382	131/2
Charlotte	11	21	.344	141/2
Toronto	11	22	.333	15
Detroit	11	23	.324	151/2
New Jersey	9	25	.265	171/2
Washington	8	24	.250	171/2
Cleveland	8	26	.235	181/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	4	.879	_
Dallas	25	8	.758	4
d-Utah	24	11	.686	6
d-L.A. Lakers	23	11	.676	61/2
Oklahoma City	23	12	.657	7
Denver	20	13	.606	9
New Orleans	21	14	.600	9
Portland	18	16	.529	111/2
Houston	16	18	.471	131/2
Memphis	15	19	.441	141/2
Phoenix	14	18	.438	141/2
Golden State	13	21	.382	161/2
L.A. Clippers	10	24	.294	191/2
Minnesota	9	26	.257	21
Sacramento	7	24	.226	21
d-division loader				

G-division leader
Last night's results
Miami 96 Charlotte 82
Orlando 110 Golden State 90
Boston 96 Minnesota 93 New Orleans 84 Philadelphia 77 Denver 113 Houston 106 Utah 102 Detroit 97

Sunday's results New York 98 Indiana 92 Atlanta 107 L.A. Clippers 98 Boston 93 Toronto 79 Dallas 104 Cleveland 95 Portland 100 Houston 85

Sacramento 94 Phoenix 89 Memphis 104 L.A. Lakers 85 Tonight's games (All times Eastern)

Milwaukee at Miami, 7:30 p.m.
San Antonio at New York, 7:30 p.m.
Toronto at Chicago, 8 p.m.
Oklahoma City at Memphis, 8 p.m.
Portland at Dallas, 8:30 p.m.
Atlanta at Sarramento, 10 p.m.

SCORING AVERAGE

G FG FT PTS AVG

Durant, OKC	31	283	245	864	27
Stoudemire, NYK	33	329	207	871	26
Ellis, GOL	33	315	154	839	25
Bryant, LAL	34	300	217	864	25
Wade, MIA	33	279	223	810	24
James, MIA	35	288	233	855	24
Nowitzki, DAL	29	260	153	700	24
Rose, CHI	31	282	128	744	24
Anthony, DEN	25	206	165	592	23
Gordon, LAC	32	249	197	747	23
Martin, HOU	33	219		759	23
Williams, UTA	34	246	206	756	22
Westbrook, OKC	35	262	232	766	21
Beasley, MIN	32	278		699	21
Griffin, LAC	34	284		739	21
Bargnani, TOR	27	217		572	21
Granger, IND	31	228	133	655	21
Howard, ORL	31	228	199	655	21
Gay, MEM	32	256		668	20
Love, MIN	34	236		709	20
Scola, HOU	33	270		647	19
Aldridge, POR	34	265	131	664	19
Pierce, BOS	32	211	141	605	18
Randolph, MEM	30	230	103	566	18
Lopez, NJN	34	229		641	18
Ginobili, SAN	33	190		617	18
Gasol, LAL	34	248		635	18
West, NOR	33	250		615	18
Bosh, MIA	35	249	151	652	18
Jackson, CHA	30	193	101	549	18
Felton, NYK	33	215		591	17
Deng, CHI	32	211	98	570	17
Parker, SAN	33	241	93	583	17
Not including last r	ight's	gam	es es		

NFL

v-Kansas City

San Diego Oakland

10 0 0 0 .625 366 326 441 322

AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	PA
-New England	14	2	0	.875	518	313
-N.Y. Jets	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425
SOUTH						
	W	L	Т	Pct	PF	PA
/-Indianapolis	10	6	0	.625	435	388
lacksonville	8	8	0	.500	353	419
louston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339
NORTH						
	W	L	Т	Pct	PF	PA
/-Pittsburgh	12	4	0	.750	375	232
c-Baltimore	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395
MECT						

Pct

.563 .500 441 410

Delivel	4	12	U	.250	544	4/
NATIONAL	CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	P
y-Philadelphia	10	6	0	.625	439	37
N.Y. Giants	10	6	0	.625	394	34
Dallas	6	10	0	.375	394	43
Washington	6	10	0	.375	302	37
SOUTH						
	W	L	Т	Pct	PF	P
y-Atlanta	13	3	0	.813	414	28
x-New Orleans	11	5	0	.688	384	30
Tampa Bay	10	6	0	.625	341	31
Carolina	2	14	0	.125	196	40
NORTH						
	W	L	Т	Pct	PF	P
y-Chicago	11	5	0	.688	334	28
x-Green Bay	10	6	0	.625	388	24

W

ireen Bay troit nnesota	6	6 10 10	0 0 0	.375	388 362 281	36
EST						
	W	L	Т	Pct	PF	P
Seattle	7	9	0	.438	310	40
Louis	7	9	0	.438	289	32
- Francisco		10	0	275	205	24

 San Francisco
 6
 10
 0
 .375
 305
 346

 Arizona
 5
 11
 0
 .313
 289
 434

 x — clinched playoff berth.
 y — clinched division title.

WEEK 17

WEEK 1/ Sunday's results Atlanta 31 Carolina 10 Baltimore 13 Cincinnati 7 Dallas 14 Philadelphia 13 Detroit 20 Minnesota 13 Green Bay 10 Chicago 3 Houston 34 Jacksonville 17 Indianapolis 23 Tennessee 20 New England 38 Miami 7 N.Y. Giants 17 Washington 14 N.Y. Jets 38 Buffalo 7 N.Y. Jets 38 Burtalo / Oakland 31 Kansas City 10 Pittsburgh 41 Cleveland 9 San Diego 33 Denver 28 San Francisco 38 Arizona 7 Seattle 16 St. Louis 6 Tampa Bay 23 New Orleans 13 End of Regular Season

BASKETBALL

NCAA

AP TOP 25

Last night's results
No. 10 Kentucky 86 Pennsylvania 62
St. John's 61 No. 13 Georgetown 58
No. 16 Texas A&M 66 Nicholls State 55 No. 17 Kansas State 92 Savannah State 61 No. 18 Michigan State 65 Northwestern 62



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12

15

18

23

30

38 39

45

48

24 25

Crossword

1 Glitz

- 5 "Phooev!" 8 Dame Myra at the piano
- 12 Top-notch 13 - out a living
- 14 Sheltered
- 15 Lover of classical
- music
- 17 Mountain goat
- 18 Greek H
- 19 Hostel
- 20 Appomattox Court
- House VIP 21 Crafty
- 22 Urban transport
- 23 Possibly will
- 26 Mid-May honorees
- 30 Jai —
- 31 Transmit electroni-
- cally 32 Notion
- 33 Like the Talmud
- 35 Bride's partner 36 Ducats, in "Variety"
- 37 Healthy
- 38 Leans
- 41 Cowpoke's sweetie
- 42 Discoverer's cry
- 45 Neighborhood
- 46 Severe downturn
- 48 Creche trio 49 "- Town"
- 50 Command to Fido
- 51 Organic com-
- pound
- 52 Thickness 53 Vortex
- 1 Dorothy's last name
- 2 Swag
- 3 Actress Paguin 4 "Family Guy"
- 5 "- and Cecil" 6 Related 7 That girl 8 Garment of
- penance 9 Exile isle

daughter

- 10 Witnessed 11 Fourth canonical hour
- 16 Sword handle 20 Eviscerate
- 21 Young and imma-
- 22 Carton
- 23 Jongg preceder

Today's horoscope

T Aries March 21-April 20 You

can expect something pretty

extraordinary to occur on the

work front over the next few

days. But why not go out and

make it happen yourself?

¥ Taurus April 21-May 21

Today's eclipse falls in the area of your chart that governs

your belief system, so it is of

the utmost importance that

you keep a clear head and

hold on all of the facts.

make sure you have a firm

II Gemini May 22-June 21 Cos-

mic activity in one of the more

today will confirm that you are

sensitive areas of your chart

gives you a negative view of

events, but what happens

loved and admired

You're a doer. So do it!

52 24 — -de-France

46

49

13

16

19

34

- 25 Talk on and on 26 Apple product
- 27 Tokyo's old name 28 - Speedwagon
- 29 Muppet eagle
- 31 Repair 34 "— for Alibi"
- 35 Quarter pint 37 Tinker Bell, e.a.
- 38 Docile
- 39 Tehran's land 40 Toy block name
- 41 France, once
- 42 Newspaper pg.

43 Ran like the wind

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Cancer June 22-July 22 A

sign means that loved ones will be full of themselves today. There may be times when you wish they would tone their act down. They're only having fun. You're al-

important thing now is your health. If you feel you are harder just because someone

TV Virgo Aug. 24- Sept. 22 You'll be endowed with huge self-belief and reserves of energy. Whatever you put your mind to today, and tomorrow, is sure to be a success.

solar eclipse in your opposite lowed to have fun, too.

 Leo July 23-Aug.23 The most doing too much, you must call a halt. You don't have to work else savs vou must.

← Libra Sept. 23-Oct. 23 It's the perfect day to take care of domestic issues. You will not only

have the desire to do something about them, but loved ones will be co-operative.

m Scorpio oct. 24-Nov. 22 The more you are on the move today, the more likely it is you will meet people who can be of some use to you socially or in your career. They'll also be more fun than you expected.

→ Sagittarius

Nov. 23-Dec. 21 What happens today will remind you that money must be kept in its place. Being able to pay your way is important, of course. but more important by far is that you smile while you are

り Capricorn Dec. 22-Jan. 20

Today's solar eclipse in your sign gives you a massive advantage over your rivals and if you are smart you will take full advantage of it. There will be times in 2011 when it gets even better.

Aquarius Jan. 21-Feb. 18 You have nothing to fear and everything to look forward to. It may sometimes seem as if you are alone in the world but that is just an illusion and what happens today will highlight that fact.

H Pisces Feb. 19-March 20 You must take a leadership role in group activities over the next few days. The world needs people like you, who are prepared to act. SALLY BROMPTON

7 3 6 4 8 2 3 1 6 7 7 3 1 2 5 7 4 9 4 8 6 5 3 2

How to play

9 6

Sudoku

10

27 | 28 | 29

14

17

32

50

53

47 7-Down, subjectively

▶ Dec. 24's answer

44 Sans siblings

46 Upper surface

42 43

20

35

22

26

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Dec. 24's answer ▶

9	7		6		5			
6	3	8	1	7	2	9	5	4
5	8		3		1	4	9	7
3	9	7					8	
4	1	6	7	8	9	2	3	5
7	6			1			4	2
1	2		9	3	7	5	6	
8	5	3	4	2	6	7	1	9

2 4 5 8 9 3 1 7 6

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Denka!!! I love your spirit and passion. You are my knight in shining armour. You are doing an excellent job focusing on your goals and maintaining it. Heart you forever DANII

To My Squishy, There's not a starfish in the world who loves vou more. You light up my life like a deep sea lantern fish. Coo coo cachu, I love you. xoxox inky

Morning tiiiiiiiime! Morning tiiiime! Morning time morning time morning time morning tiiiiiiiime! I miss you so much I can't wait till you get back, I love you!! :)

J...You make my heart smile! When I look into your eyes I see hope, when I listen to your voice I hear wisdom, and when I lie in your arms I feel LOVED!! Thank you x infinity! 1-4-3 Babe -MANY KISSES...M

A look at the weather

TODAY Min -7 Max -2°

WEDNESDAY Min -7° Max -0°

Max -1°

2 5

THURSDAY Min -8°

Michele McDougall (B) BREAKFA

Weather Specialist
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM







tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in Tuesday's Metro.



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+Taxes & other fees: \$171

MEXICO

Ixtapa/Zihuatanejo via Calgary

Barceló Ixtapa Beach • 4 ★

All-Inclusive • Superior rm. Jan. 29 • 1 wk.

Los Cabos via Calgary **HOLA Grand Faro Los Cabos** Punta Cana Resort • 4 1/2 ★ PRIVILEGES Luxury All Inclusive Resort • 4 ★

All-Inclusive Deluxe partial oceanview rm. Feb. 12 & 26 • 1 wk.

\$11**9**9

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★

All-Inclusive Traditional standard rm Jan. 6. 13 & 20 • 1 wk.



CUBA via Calgary

Santa Clara Royal Hideaway

Ensenachos • 5 ★ All-Inclusive

Royal spa rm. Jan 8 • 1 wk



MEXICO

Jan. 11 - 25 • 1 wk.

Paradisus

Cancun/Riviera Maya Grand Sirenis Riviera Maya Resort & Spa • 5 ★

All-Inclusive · Deluxe junior suite \$1299

All-Inclusive • Junior suite Feb. 8 • 1 wk.

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★

All-Inclusive • Junior suite Jan. 6 & 13 • 1 wk.



Varadero

Sirenis La Salina Varadero Beach Resort • 4 ★

All-Inclusive • Standard rm. Feb. 6 - Mar. 20 • 1 wk.

USA

Las Vegas via Vancouver or Calgary Bally's Las Vegas • 3 1/2 ★

Classic rm. Feb. 8 • 3 nts.

Stay 3 nights and save 20% with coupon book

+Taxes & other fees: \$115

Oahu via Calgary Agua Island Colony • 2 *

Savvy saver - moderate city view rm Feb. 24 & 25 • 1 wk.

CRUISE

Princess Cruises¹ Caribbean Princess®

Southern Caribbean Cruise Flight to San Juan via Toronto Interior stateroom, cat. K Mar. 27 • 1 wk.

+Taxes & other fees: \$133



SOL MELIÁ HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya ME Cancun • 4 1/2 ★

All-Inclusive Deluxe lagoon view rm. Feb. 8 • 1 wk.



ME Cancun • 4 1/2 ★

All-Inclusive The Level junior suite ocean view



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